

## OVERVIEW

We are pleased to invite you to the 2006 Worksite Health Promotion Conference, brought to you by the Utah Council for Worksite Health Promotion.

Your colleagues on the conference planning committee have worked many hours to bring you sessions pertinent to the current issues you face in implementing worksite programs.

We look forward to your attendance!

## KEYNOTE SPEAKER

**Joel Bennett, PhD**  
Dr. Bennett comes to us from the Lone Star State, where he is the President of Organizational Wellness and Learning Systems (OWLS), a consulting firm that specializes in promotional health and employee wellness. A former professor of psychology, a researcher, and consultant, Dr. Bennett has nearly 20 years of experience in worksite health and has published countless journal and magazine articles and books. He has also presented on the topic all over the United States and Canada.

# Conference Agenda



## Worksite Wellness - It Takes Teamwork!

Karen G. Miller Conference Center  
Salt Lake Community College: Larry H. Miller Campus

### DAY 1 - OCTOBER 3, 2006

11-11:45 am	Registration & Pick Up Box Lunches
12:00-3:00 pm	"Empowering Health Promotion Practitioners: Tools for Creating a Healthy Workplace" <i>Dr. Joel B. Bennett</i>
3:00 pm	Adjourn

### DAY 2 - OCTOBER 4, 2006

7:15-8:00 am	Registration & Continental Breakfast & Exhibit Break		
8:00-9:30 am	Opening Keynote Speaker: Dr. Steven R. Hawks "Intuitive Eating: Implications for Healthy Weight Promotion in Worksite Settings"		
	<b>Playbook</b> Writing a plan for the game	<b>Coaches</b> The knowledge behind the game plan—they've been there, done that	<b>Equipment</b> Tools to get the job done
9:50-10:40 am	<b>Breakout</b> Assess, Design, Deliver and Evaluate: Integrating Wellness into your Work Culture · Dr. Joel Bennett (Organizational Wellness and Learning Systems, Inc.)	<b>Breakout</b> Teach Your Employees Nutrition on the Run · Sarah Tronrud (Healthy Utah)	<b>Breakout</b> Managing and Building Relationships in the Workplace · Dr. Dan Daley (Utah Valley Regional Medical Center, Brigham Young University)
10:45-11:00 am	Exhibit Break		
11:00 am-12:00 am	<b>Breakout</b> Setting up a Worksite Fitness Facility · Scott Peck (Fitco, Fitness Center Outfitters)	<b>Breakout</b> Heart Disease and Stroke: Who? What? Where? When? Why? How? · Emily Carlson (Utah Department of Health, Heart Disease and Stroke Prevention Program)	<b>Breakout</b> Mental Health Issues and Exercise · Nick Galli (University of Utah)
12:15-2:15 pm	Healthy Worksite Award Luncheon and Presentation by Tim Butler "An Ounce of Health is Worth a Pound of Health Care"		
2:30-3:30 pm	<b>Breakout</b> Preventive Interventions: EAPs and Wellness Programs · Larry Johnson · Lora E. Kearns · Patty Schneider (Reliant Behavioral Health)	<b>Breakout</b> Panel of Experts: Setting up a Wellness Program for Success · Linda Boyer (Autoliv) · D'Neil Gillespie (Mountain America Credit Union) · Lisa Kendrick (Convergys) · Kami Greenhagen (Healthy Utah) · Ashley Argyle (The Wellness Connection)	<b>Breakout</b> Ergonomics at Home and at Work · Mike Bell (Red Cross)
4:00 pm	Adjourn		